

Worksite Wellness Success Stories

May 2008

The National Women's Health Information Center
is sponsoring

5th Annual **WOMAN** Challenge!

www.womenshealth.gov/woman/

May 11 - July 5, 2008

The Michigan Department of Community Health's (MDCH) Washington Square Office, downtown Lansing is hosting the *Challenge* for DCH locally.

Christi Downing, a member of the Washington Square Wellness team said, "Don't be fooled by the name! Guys can participate too, but the motivational emails will be geared toward women. The 8-week *Challenge* encourages all participants to set and achieve personal physical activity goals, appropriate for their lifestyles. You can participate as an individual or as a team. You will be able to see how your team compares to other teams via the tracking system on the *Challenge* website. "Healthy" competition is encouraged!"

"REMEMBER: we have a "guided walk" every Wednesday and an informal walk on Fridays at noon. You can get 60 minutes of walking each week during your lunch hour." said Downing.

To find out more about the **Challenge**, go to www.womenshealth.gov/woman/.

Please share your story, if you join the *Challenge*,
with WOW @ WorkingOnWellness@michigan.gov